

THE FLEXI FOODIE

Julie Montague is a yoga teacher, food blogger, mother of four, author and reality TV star. Jenny Conlon caught up with the Battersea resident to find out how she fits it all in



Known as The Flexi Foodie, Julie Montague is the epitome of health and vigour with an infectious appetite for life. But it wasn't always that way.

"I have four children and I was absolutely exhausted, had no energy, I was eating really badly and living off countless cups of Starbucks lattes throughout the day.

"I was very irritable with my kids and very unhappy and that's when I found yoga and that's when I really got into it, after my fourth was born."

The American-born health guru is certainly proof that it's never too late to start looking after your health.

"Yogis are very into what they eat and what they feed their bodies," she explained. "I was so addicted to my yoga class and found a whole community there and discovered a whole new world of food."

But how does she manage to pack writing (she's written three healthy eating books), blogging, yoga, being part of a TV show and looking after a family into her day?

"I have a bike, my bike is my everything," she says. "That's why I was 15 minutes late today because I didn't have it. I rarely rely on public transportation. I cycle everywhere. I am definitely saving a good hour or two on my bicycle. I also love what I do. I fit in as much as I can throughout my day and then in the evenings that's when I catch up on emails."

Self care is all important, she says. "I create time for the things I know that are going to give me energy. You'll be much more productive if you take time out of your day to have that healthy meal or cycle or go for that walk or yoga class. It's about slipping in small moments and small snippets of self care to your day. These little small moments of self care make a huge difference."

Julie is also a Viscountess and married to Viscount Hinchinbrooke, heir to the Earl of Sandwich. The family owns the beautiful Mapperton House, which has been named the finest manor house in the UK.

"Me being the American, there's so much history there, it's older than my country. Myself and my husband have taken over the running of it and I run the gift shop, which is

super fun. It's just stunning, it's beautiful and it's in the most beautiful part of the country, it's in Dorset."

Julie is part of the reality TV show Ladies of London, which is a huge success in the US. "Season 3 is coming soon so it launches in America first but it is really full on when recording. They are in your home, the cameras are following you around.

"People ask me all the time why I am doing the show and there are many reasons. I am doing it to help get more tourism to Mapperton and for my profile, yoga and my books and the show helps get that to the American audience."

Julie certainly has no intention of slowing down and is starting 2017 as she means to go on. "I'm co-teaching my very first 200-hour yoga teacher training programme being held in Battersea starting in January. I'm also teaching my second ever workshop in Paris on the January 14. I also want to teach more oga at an international level and start writing book number four."

■ www.juliemontagu.com, www.mapperton.com